



# SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE JULY 2013



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Chicken Oriental w/Orange Sauce Oriental Rice Oriental Vegetables Wheat Bread Apricots	2	<b>CRT INDEPENDENCE PICNIC</b>  Orange Juice Frankfurter On Frankfurter Roll Baked Beans Carrot Raisin Salad Mustard, Ketchup, Relish Watermelon	3	Apple Juice Salmon Boat w/Seafood Sauce White & Brown Rice Blend Broccoli Spears Wheat Bread Mixed Fruit	4	<b>CLOSED IN OBSERVANCE OF INDEPENDENCE DAY</b>	5	Zucchini Soup Meatball Grinder Meatballs w/Italian Sauce Grinder Roll Parmesan Cheese Italian Green Beans Apple Slices
8	Meatloaf w/Vegetable Gravy Mashed Potatoes Baby Carrots 12-Grain Bread Tropical Fruit	9	Chicken Noodle Soup Chicken Cacciatore Ziti w/Tomato & Basil Sauce Cucumber & Tomato Salad Italian Bread Peaches & Pears	10	Baked Ham w/Raisin Sauce Mashed Sweet Potatoes Prince Edward Blend Vegetables Rye Bread Pineapple Tidbits & Mandarins	11	Cream of Vegetable Soup Mini Cheese Burger On A Bun Tater Tots Vegetable Medley Rolls Ketchup/Mustard/Relish Apple Strudel Stick	12	Herb Roasted Chicken Quarter w/Vegetable Broth Baked Potato w/Sour Cream Green Beans Wheat Bread Fresh Fruit
15	Salisbury Steak w/Pepper/Onions/Mushrooms Brown Rice Pilaf Sliced Carrots Whole Wheat Bread Pineapple Tidbits & Mandarins	16	Orange juice Breaded Chicken Breast Filet On Onion Roll Tortellini Salad Leaf Lettuce & Sliced Tomato Mayonnaise Mixed Berries (Strawberries & Blueberries) Shortcake w/Whipped Topping	17	Breaded Pork Steak w/Gravy Baked Potato w/Sour Cream Broccoli Florets 12-Grain Bread Applesauce	18	Roast Beef w/Vegetable Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Sliced Pears	19	Pier 17 Fish White & Brown Rice Beets 100% Whole Wheat Bread Fresh Fruit
22	Italian Style Chicken Parmesan Rotini w/Tomato & Basil Sauce Brussel Sprouts Parmesan Cheese Whole Grain White Bread Fruit Cocktail	23	Roast Pork Loin Hawaiian Style Fluffy White Rice Oriental Vegetables Oatnut Bread Tropical Fruit	24	Cranapple Juice Mini Cheese Burgers On Buns Potato Wedges Three Bean Salad Ketchup/Mustard/Relish Fresh Fruit	25	Chicken Vegetable Soup Grande Cheese Ravioli w/Tomato Sauce Mixed Salad Greens French Dressing Club Roll Lorna Doone Cookie	26	Roast Turkey w/Gravy Baked Sweet Potato Cranberry Sauce Peas & Pearl Onions Dinner Roll Pineapple Tidbits
29	Italian Style Meatloaf Penne w/Marinara Sauce Italian Mixed Vegetables 100% Whole Wheat Bread Mixed Fruit	30	Vegetable Soup Seafarer Seafood Salad Torpedo Roll Baked Sweet Potato Leaf Lettuce & Sliced Tomatoes Apple Slices	31	Apple Juice Veal Piccata Parboiled Boiled Potatoes Cut Green Beans 12-Grain Bread Lemon Tart w/Topping Tart Shell	<div> <p>To reserve a meal <b>Call 763-7428</b> by noon the day before</p> </div>			

**Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses.**  
All meals are served with milk, bread and margarine. **DONATIONS: \$2.00 (or whatever you can afford)**